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SOME ACCOUNT

OF THE

MEDICINAL PROPERTIES

OF THE

HOT SPRINGS, VIRGINIA;

ALSO

AN ANALYSIS OF THE WATER,

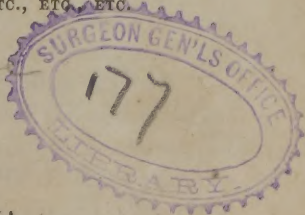
WITH

CASES OF CURE

OF

GOUT, RHEUMATISM, DISEASES OF THE LIVER, PARALYSIS,
NEURALGIA, CHRONIC DIARRHŒA, ENLARGED GLANDS,
OLD INJURIES, DEAFNESS, ETC., ETC., ETC.

S. Good



RICHMOND, VA.

PRINTED BY CHAS. H. WYNNE.

1857.

HOT SPRINGS,

BATH COUNTY, VIRGINIA.

This watering place is situated only twenty miles from the Millboro' depot of the Virginia Central Railroad. Under the present arrangement for travelers, passengers from Richmond, Va. or Baltimore, Md. would reach the Springs in about twenty-four hours. They would pass the night at the Warm Springs, and arrive at the Hot Springs early in the morning. But it is confidently expected that early in the next Springs' season the cars of the Central Road will pass through the Blue Ridge tunnel, instead of over the mountain top track; and whenever that shall take place, the traveling time from Baltimore to the Hot Springs will not much exceed *fifteen hours*, and from Richmond thirteen hours. And the traveler leaving those cities in the morning will reach that place to tea the same day,—the whole route being by railroad, except twenty miles by stage coaches.

The Springs are situated in one of the narrow valleys with which the mountains abound. The scenery around is wild, romantic and beautiful; and the climate in summer delightful, salubrious and invigorating. The thermometer seldom rises higher than 85°, and there is rarely a foggy morning.

ANALYSIS OF THE WATER.

According to the analysis of Professor Wm. B. Rogers, of the University of Virginia, the saline ingredients in 100 cubic inches of the water, are:

Carbonate of Lime,	-	-	-	-	7.013
Carbonate Magnesia,	-	-	-	-	1.324
Sulphate of Lime,	-	-	-	-	1.302
Sulphate of Magnesia,	-	-	-	-	1.530
Sulphate of Soda,	-	-	-	-	1.363
Chloride of Sodium and Magnesium, with a trace of Chloride of Calcium,	-	-	-	-	0.105
Proto-Carbonate of Iron,	-	-	-	-	0.096
Silica,	-	-	-	-	0.045

The free gas consists of Nitrogen, Oxygen and Carbonic Acid Gas.

To those acquainted with the wonderful activity of even a minute portion of any mineral substance diffused through a mineral water, this analysis itself would indicate, to some extent at least, the extraordinary curative and remedial properties of the waters of the Hot Springs.

But the chemical composition of a mineral water can lead to no just and certain conclusions in regard to its *full medicinal* powers. Its most potent part may be incapable of analysis; and our only sure test in relation to the value of such an agent, is experience of the result when it is used for the relief of disease in the human system.

Tried by this unerring test, the thermal waters of the Virginia Hot Springs are excelled by nothing ever known to the human race, as a remedy in many of the most serious and unmanageable diseases that afflict humanity.

MANNER IN WHICH THERMAL WATERS ACT ON THE
HUMAN SYSTEM.

Thermal waters, when judiciously used, produce effects which cannot be obtained from any artificial combination whatever; and, therefore, frequently afford the invalid *a chance of relief after all ordinary remedies have failed*. They are suitable remedies only in cases of *chronic disease*. The late Dr. James Johnson, of London, after enumerating the diseases in which they are *inadmissible*, adds: "But there is a long catalogue of chronic disorders, to which thermal medicinal waters, both internally and externally applied, prove extremely useful. Thermal waters act in three principal ways on the human machine: first, through the medium of *sensation* on the nervous system; secondly, through the agency of their *temperature* on the vascular system; and, thirdly, by means of their *chemical contents*, on the secretory and excretory organs.

In most chronic complaints—and especially in rheumatism, gout, cutaneous defœdations, neuralgia, dyspepsia, glandular swellings and visceral obstructions—there is pain, uneasiness, or discomfort of some kind, which indeed constitutes the chief grievance of the individual. It is no unimportant matter to soothe those sufferings during the process employed for the cure. The warm bath effects this purpose in an eminent degree, through its agency on the sentient extremities of the nerves distributed over the surface of the body. There is an extensive chain of sympathies established between the skin and the internal viscera; and through the medium of this channel, agreeable sensations excited on the *exterior* are very often communicated to the *central organs* and struc-

tures themselves. Even, in this way, torpid secretions are frequently roused into activity and improved in quality, while the secretory apparatus itself is relieved from a host of painful feelings."

NUMBER OF THE BATHS—DISEASES IN WHICH THEY ARE INDICATED—EFFECTS OF THE WATERS TAKEN INTERNALLY, OR USED AS A GENERAL BATH.

The supply of mineral water at this place is most abundant; and the bathing establishment for the next season, when fully completed, will consist of TEN BATHS, each constantly supplied with fresh water from its own spring, of various temperatures, from 78° to 106° Fahrenheit, for the accommodation of bathers.

Experience has fully established the great curative and ALTERATIVE properties of these waters in many of the most painful and dangerous maladies to which the human race are liable. In all cases of acute disease, the *hot baths* are contra-indicated, but in the chronic forms of

Gout,

Rheumatism,

Diseases of the Liver, with its complications,

Paralysis, free from inflammatory action,

Neuralgia,

Old injuries to the Muscles and Joints,

Enlarged Glands,

Visceral engorgements and obstructions,

Spinal irritation,

Chronic Diarrhoea, and some

Diseases peculiar to Females,

the remedial properties of the waters of the VIRGINIA HOT SPRINGS are unrivaled. Many cases of the diseases enumerated above, which had resisted not only the

most skillful medical treatment, but in which other mineral waters of high repute had been used in vain, have been entirely cured by their use.

Of the vast number now suffering with these maladies, there are comparatively few indeed who would not be either perfectly restored or greatly relieved by these waters. When drank they are anti-acid, mildly aperient, and freely diuretic and diaphoretic. Used as a general bath, they equalize an unbalanced circulation; *restore to the different important organs of the system, when torpid, that natural and healthy sensibility without which they cannot perform their respective functions, and the beneficial action of all remedies will be diminished or destroyed.* They act powerfully upon the Liver, Kidneys and Skin; relax contracted tendons; promote glandular secretion; exert a salutary influence over the uterine system, and often relieve in a short time excruciating pain caused by disease in some vital organ.

When it is remembered that the effects last mentioned can be obtained by using the waters simply as a bath, without oppressing, irritating or disturbing the stomach by DRUGS or FLUIDS;—and when it is also borne in mind that the *hot baths* being of the following degrees of temperature, viz: 99°, 100°, 103°, 104°, 105°, 106°, Fahrenheit, the first named being only *one degree*, and the last *eight degrees*, above blood heat; thus affording to the invalid a choice between one of the mildest, one of a decidedly, or one of a very powerfully stimulating character, as his condition may require either the one or the other: In view of these facts, the intelligent reader will have no difficulty in believing not only that these baths are very powerful, but that when used with even tolerable prudence and caution, they are perfectly safe and

mild agents in the removal of disease and the restoration of health.

PLEASURE BATHS.

Besides the hot baths, there are now in process of construction two very fine baths, one for ladies and the other for gentlemen, which will be ready for use early in the season.

The temperature of the ladies' bath will be 86°, Fahrenheit. It will be an octagon bath 18 feet in diameter, and as the water is soft and alkaline in its character, and is supposed to have a very fine effect upon the skin and to *beautify and improve the complexion*, it is altogether safe to conclude that from its very pleasant temperature, and from the fact just mentioned, it will furnish not only a very agreeable bath, but that it will also be highly popular with the sex for whose use it is designed.

The gentlemen's pleasure bath will be a square pool, about 40 ft. \times 30. It will be one of the most delightful pleasure baths in the world. The spring from which it will be supplied with water, discharges about 200 gallons per minute. It is also a light, alkaline water, of 78° Fahrenheit. It was used sufficiently last summer to prove that it possessed very efficient *tonic properties* in dyspepsia, and very great curative powers in inflammatory and cutaneous affections generally. Used as a bath, its remedial efficacy in cases of nervous and muscular debility cannot be excelled.

These baths would be beneficial in many cases where the hot baths would prove injurious. I had desired to publish the analysis of both these springs in this pamphlet, and sent the water to a competent chemist to analyze, but he has neglected to furnish me with the result of his investigations.

DISEASES PECULIAR TO FEMALES, &c.

The suppression or painful performance of periodical functions peculiar to females, is frequently relieved in a short time by the use of the waters here.

ENLARGEMENT OF THE PROSTATE GLAND.

Many cases of this dreadful and unmanageable disease, which had resisted the most skillful surgical treatment, have been thoroughly cured at the Hot Springs.

DISEASES OF THE SOUTH.

In no class of human maladies have these waters been more eminently successful than in those which prevail in the Southern and Southwestern States.

“In that state of the body termed *cachectic*, the consequence of derangement of the stomach, liver and spleen, among the residents of marshy countries, and distinguished by a pale or sallow complexion, puffy skin, swelled extremities, languor, and disinclination to motion of any kind,” the baths here often act like a charm. In *chronic diarrhœa* they are powerfully and rapidly curative. In many cases where the *healthy secretion of the liver* had been partially suppressed for years, and in many others, where that organ had been engorged, a course of these waters has brought back the secretion of healthy bile, relieved the engorgement, and restored the sufferers to perfect health.

The attention of invalids suffering from these diseases, is particularly invited to the cases to be found in this pamphlet of Mr. F. B. Clarke, of Mobile, Ala.; Hon. John L. Manning, of South Carolina; Col. Jno. Erwin,

of Greensboro', Ala.; Mr. Tounoir, of La.; and others, which will be found under the appropriate heads.

CENTRAL LOCATION OF THE HOT SPRINGS AMONG THE
PRINCIPAL WATERING PLACES IN THE MOUNTAINS.

This place is situated 27 miles west of the Rock Alum Springs, 36 miles to the north-east of the White Sulphur Springs in Greenbrier county, and about 40 miles from the Sweet Springs.

It will thus be seen that it occupies an almost central position among that group of mineral springs which must at no distant day become the great watering places of the world. For if to those mentioned above, be added the Salt Sulphur, the Red Sulphur, the Bath Alum, the Healing Springs, and the Warm Springs, "no district of country of the same extent in the world, as that in which these springs are found, can furnish the same number and variety, whether we have regard to mineral impregnation or temperature, or the use of which shall be attended with more speedy, entire and permanent relief from a host of the most distressing maladies."

The Warm Springs are situated in the county of Bath, five miles north of the Hot Springs.

At this place there are two very fine baths, about 98° of Fahrenheit. One of these is believed to be the *largest warm bath* in the world.

The improvements here are very good, and the hotel accommodations are excellent.

Not quite two miles from the hotel, is the celebrated Rock, on the top of the Warm Springs Mountain, at an elevation of about 2,400 feet above the level of the sea. The view from this point is truly sublime, and five minutes spent upon its summit in gazing upon the magnifi-

cent view around, would well repay those who possess the slightest appreciation of the grand, the wild and beautiful in nature, for a voyage across the Atlantic.

Three miles to the south of the Hot Springs are found the Healing Springs, which within the last few years have acquired a very high reputation.

The improvements here are new and in good style, and the accommodations for visitors very superior.

CERTIFICATES OF CURE.

The attention of those who may feel any interest in the subject, is respectfully called to the annexed certificates of cure of various diseases, performed by the waters of the Hot Springs. These certificates were furnished by persons entirely disinterested. Some of them are men of National fame and reputation; and the character and intelligence of all of them forbid the idea that they could either be deceived themselves in regard to the effects of the waters, or would assist to deceive others.

S. GOODE,
For the Proprietor.

May 15, 1857.

CASES OF CURE

FROM THE USE OF THESE WATERS.

LIVER DISEASE, WITH DYSENTERY, DIARRHŒA, &c.

Hot Springs, Va., Sept. 23, 1856.

Dr. THOMAS GOODE:

Dear Sir,—I most cheerfully comply with your request that I should furnish you with some particulars of my case, which has been so happily relieved by the use of the Hot Baths.

From April, 1849, until June, 1854, I was a constant sufferer from Chronic Diarrhœa, which, supervening upon an attack of something like Cholera, was so obstinate as to evade the best medical skill, North and South. I would sometimes, from the use of medicines, obtain partial relief, and gain sufficient strength to engage in active pursuits—but only for a brief period—to be again prostrated under an acute attack upon the slightest exposure, from which new remedies were required to raise me—those which had previously proved efficacious, failing to make any favorable impression when taken the second time. The liver was undoubtedly the seat of my disease, and was so torpid that it could only be goaded into feeble action under the use of mercurials—subsiding again into its former condition, when their use was suspended. In fact, my system did not seem to furnish the elements of the biliary secretion. At times I became so feeble and emaciated, from the effects of this distressing disease, that it seemed impossible for me to rally again. The various watering places, which were recommended by sympathizing friends, were tried, but without avail. Cooper's Well and Bladon Springs afforded temporary relief, but the disease returned upon me, shortly after leaving them, with as great severity as before. The Cold Water Cure was tried for a few

days, from which I barely escaped with life. I had nearly despaired of ever obtaining relief, and came to the mountains of Virginia to visit the Rockbridge Alum in June, 1854, as a dernier resort. For two weeks I improved there slightly, but afterwards lost ground rapidly, and at the end of three weeks was confined to my bed. These waters, evidently, did not suit my case; and after a week's confinement, being sufficiently strengthened by the use of medicine to bear a short journey, I came over to the Warm Springs. At that place I learned from some of the visitors, incidentally, of the value of the Hot Springs in cases of Diarrhœa. I came over and gave them a trial—commencing at the temperate bath for a day or two, and afterwards alternating between the "Hot Douche" and the "Boiler" bath. I soon became conscious of a sensible amendment of my symptoms, and began to improve in flesh and strength. I continued bathing for a fortnight, and left for the Red Sweet Springs, where I remained a week, and again returned to the Hot Springs, bathing as before for another fortnight. My improvement was steady and progressive, and when I left the mountains in October, 1854, I was restored to comparative health, and had gained in weight from 109 lbs. to 132 lbs. I could walk several miles without fatigue, and altogether felt myself to be a new man. I returned home (to Mobile) in November, and during the succeeding winter had again a return of my complaint, but milder in form and much more manageable than before. In June, 1855, I returned to the Hot Springs, and the use of the baths was attended with the same happy effects as in 1854. Alternating between the Hot and the Red Sweet Springs, I became entirely restored and returned home well, and have remained well.

I am again a visitor at the Hot Springs the present season, for the purpose of fortifying my system against any lingering predisposition that may remain, and shall, if life is spared, probably return here for several seasons to come, in order to confirm what I really consider to have been one of the most extraordinary cures ever effected by any mineral waters.

If this hastily written statement shall induce any person who may be suffering under like affliction, to obtain relief by following the course which I have pursued with such happy results, I shall be much gratified.

Yours, very truly,

FRANCIS B. CLARK,
Of Mobile, Ala.

Nottoway County, Dec. 18, 1833.

Dear Sir,—In July, 1838, I was violently attacked with what is commonly called the Bilious Colic, (whether from the passing of calculi, or a deranged state of the secretions of the liver, I am unable to say,) followed by an ardent fever, terminating

on the ninth day in a well marked case of jaundice, with dyspeptic symptoms and great debility. As soon as I was able to travel I set off for the White Sulphur Springs in a carriage, and was again attacked on the day of my arrival with violent pains and spasms in the region of the stomach and liver, followed by fever and an increase of all the above mentioned symptoms. And as soon as it was thought prudent, I commenced the use of the White Sulphur Water in combination with the blue mass or calomel, and the most approved vegetable extracts. The water, so far from relieving, evidently aggravated my disease, proving highly exciting, and not in the slightest degree affecting the biliary secretions. I used the White Sulphur Water eighteen days, and not receiving any benefit I determined to try the Hot Springs. On my arrival there I was greatly debilitated and in much pain, commenced the use of the bath that evening, and so great was the sensibility of the liver and whole abdominal region, that I could not for a moment suffer the spout bath to fall on it. I used the spout bath with evident benefit for five days, and on the sixth went into the boiler or sweat bath. The first sweat seemed to unlock the liver as by magic, causing free discharges of bile, and from that day all the functions of that organ appeared to be perfectly healthy and regular. I daily gained flesh and strength, and returned in the latter part of September, nearly restored to health. In December following I was again attacked with all my old symptoms, if possible in a more violent degree, (produced by exposure to a snow storm.) which nearly proved fatal. I was confined to my bed all the winter, and did not leave my house till late in March. My recovery was slow and imperfect, and in August, 1839, I determined to try the Hot Springs again. On my arrival my health was very bad—symptoms nearly as in 1838, my bowels nearly insensible to the most drastic cathartics. I was not disappointed in my hopes from the use of the baths, but realized my most sanguine expectations. After using the spout and sweat bath alternately for eighteen or twenty days, finding my health greatly improved, I went on to the White Sulphur and found the water to agree admirably well with me, experiencing none of the injurious effects this season which it evidently produced in 1838. Since my return home I have continued to enjoy good health, and have no hesitation in saying, I owe it all, under a kind Providence, to the Hot Springs. I have purposely delayed sending this communication at an earlier day, that there should be no mistake from any temporary benefit derived from the use of the baths. My experience warrants me in saying, that the use of the Hot Spring bath is the very best preparation of the system for the safe and beneficial use of the Sulphur Waters of Virginia.

Yours, respectfully,

A. A. CAMPBELL, M. D.

Dr. THOMAS GOODE.

Hot Springs, Va. July 27, 1838.

Dr. THOMAS GOODE:

Dear Sir,—At your request, and for the benefit of the afflicted, I give you, as near as I can, a statement of my case, which has been complicated and difficult to describe. I am a resident of Detroit, State of Michigan. In July, 1829, I was attacked with a bilious fever and severe inflammation of the stomach, and was reduced very low by bleeding and medicine. I remained in a feeble state about six months, when an ulcer came out on the side of my ankle nearly the size of a dollar. This has continued on one or the other, and sometimes on both my ankles ever since, except about two months in March and April last. My legs have been so much swelled that I have been compelled to bandage them to the knee most of the time.

About three years ago a rheumatic disease set in, the cords of my legs swelled to the knees, and at times to the body (mostly on the inside) with hard lumps on the cords, frequently as large as large hickory nuts, and extremely painful.

In this state I remained hobbling about, confined to my room about one fourth of the time, and had the advice and attendance of our most celebrated physicians, without much benefit, until about the first of January last, when it extended to my hips and back, and I confined me to my bed—my bowels at the same time became swollen so that a dropsy was feared, with a soreness about the region of the stomach and liver.

I also had the piles very badly, and ulcers continued to form and break in the rectum and pass off with my stools with a great deal of pain.

In this condition I remained until about the first of May, when I was advised to try the Virginia Springs. I arrived at the White Sulphur Springs on the 8th of June on crutches, with one foot and leg so much swollen that I feared it would burst. At the end of two weeks was again able to ride, when I came to the Hot Springs and put myself under your charge. For the first ten days after I commenced bathing I got no relief, my pain rather increased. At this time there appeared to be a copious discharge of bile from the liver, and from that time my health improved rapidly in every way. The rheumatic disease and piles are very nearly cured. The ulcers on my ankles assume a healthy appearance, and look as if they would soon heal. The swelling about the bowels has subsided, and the pain in my stomach and liver has nearly left me. I would also state, that twenty-one years ago I divided the tendons of the left foot by a cut with an axe, and when it healed, the cords seemed fast to the bone, and I have had little or no use of those toes since. The effect of these hot baths has been to remove that stiffness and loosen the tendons, so that I can now move the toes quite well.*

* This is one of the most remarkable instances of the restoration of lost power on record.

I have taken, in the five weeks that I have been here, sixteen sweat and twenty spout baths, and I now feel better than at any time in the last five or six years.

ELLIOT GRAY.

Hot Springs, August 18, 1838.

In September, 1835, I was taken with a Bilious Intermitting Fever, which continued at intervals, in spite of remedies, until May, 1836, when my liver and spleen both became much enlarged; my appearance was bloated and dropsical, and my whole system deranged. I had a craving for food of the grossest kind, which could not be satisfied, and my bowels were so costive as to require the strongest purgatives to move them. I applied to our most skillful physicians for advice. I was leeches, cupped, blistered, and salivated; took much medicine internally, but without benefit. I also tried the Saratoga Springs, but without effect. I continued the use of medicines until the 26th of June, 1838. I then visited the White Sulphur Springs, and used the waters with the blue pill for two weeks, but without the least benefit—they acted freely on my kidneys and produced a white mucous discharge from my bowels, but no bile. I then came to the Hot Springs, and after bathing for three days, my liver began to discharge itself into my bowels, followed by frequent copious evacuations, by puking and purging of ill-looking, bilious matter, which sickened me very much, when I called in Dr. Goode, by whose advice I have been since governed. The bath and medicine have reduced my liver almost entirely—the enlargement is barely perceptible. My spleen is diminished about one third, and is much softened. The discharges from my bowels are nearly natural. My general health is fast improving, and I know that I ought not to leave the place, but hope with common prudence on my part to become again a healthy man. The above statement is most freely made for the benefit of those who are suffering in the same way.

MORGAN A. PRICE.

Hot Springs, August 13, 1842.

About four years ago my liver became diseased, dyspeptic symptoms came on with a diarrhoea, which continued for eight months, and in spite of the best medical aid, prostrated my whole system and destroyed my health completely, terminating in a fixed enlargement of my liver and spleen—my colon also was greatly distended and felt hard. My physicians thought it indurated and incurably diseased. My sufferings were constant, and oftentimes severe.

Deriving no benefit from medicine, I was induced to visit the Virginia Springs. I used the White Sulphur Water twenty-five

days with some benefit. It caused moderate discharges of bile from my bowels, but did not reduce the size of the liver, spleen nor intestines. I then came to the Hot Springs, and by your direction commenced the use of the spout bath, temp. 100. About five hours after taking the first bath, I felt a contraction in the region of my liver, with pain like the twisting of a corkscrew in the direction of my intestines, which soon extended to the lower bowels, followed by several copious evacuations, not less than two quarts, resembling tar in color and consistence, and producing great heat and pain, as it passed off. In a short time I felt much relieved. The next day I took the same bath, which was followed by some pain and several moderate, dark discharges. For the next three days no sensible effect was produced by the bath. You then directed me to the spout, temp. 102, which was followed by pain and copious discharges, of a color not so dark as the former. From this time, the sixth day, I have experienced daily amendment. My liver, spleen and colon, so far as I can ascertain, are all reduced to their natural size. I suffer no uneasiness whatever, but feel perfectly restored in all respects. I have used the baths for three weeks only.

My residence is at Point Coupee, State of Louisiana.

M TOUNOIR.

To Dr. GOODE, Hot Springs.

Beach Hill, 6th October, 1835.

Dear Sir,—I have received your letter of the 10th September, asking the particulars of my disease, together with the benefit I derived from the use of the waters of the Virginia Springs two years ago. I had been a confirmed dyspeptic for near five years, with symptoms of the most distressing character. My bowels in a state of obstinate costiveness—medicine making but little impression on them. I applied for aid to many of the most celebrated physicians, but got no relief. I then determined as a last resort to try the Virginia Springs. I attended the Sweet Springs, the White and Salt Sulphur, and the Hot Springs. From the three former I derived no benefit whatever. But the benefit which I did receive was from the spout bath at the Hot Springs, which I believe saved my life. On the third night I was waked up by a severe griping, which was followed during the remainder of the night by repeated and copious discharges of vitiated and acrid bile. The next morning I was greatly better, and afterwards improved rapidly. I remained only eight days and gained eleven pounds in weight. I went by your direction and took no medicine.

I am, very respectfully, yours,

CHARLES HAMLIN.

To Dr. GOODE, Hot Springs.

Charlottesville, November 10, 1842.

My Dear Sir.—At the request of Mrs. Kelly, I furnish you with a brief statement of her case.

Mrs. Kelley, about eighteen months anterior to the summer of 1815, was attacked with unequivocal and decided Hepatitis: 1st, in its usual form, with all its peculiar and characteristic symptoms, resisting the most active and vigorous remedial agents that could be adopted. The disease gradually progressing into the chronic form, with enlarged Liver, Jaundice, Diarrhoea, &c. In this stage the appropriate remedies were perseveringly used, still without relief, until the season approached for a trial of the Mineral Waters. At this period such was her debility, emaciation and prostration, that her friends despaired of her reaching the Springs. The effort, however, was made, and she arrived at the White Sulphur, where she remained six weeks, using the water without improvement in her complexion, or any favorable impression on the disease—she is now transferred to the Hot Springs, where she remains one month, assiduously employing the Boiler and the Spout Baths, and under their use she became completely relieved, the jaundiced state of the skin disappearing, also the enlarged condition of the liver, with an almost entire exemption of any serious recurrence of the disease from that period to the present time.

Very respectfully,

CHAS. CARTER, M. D.

To Dr. GOODE, Hot Springs.

Dr. GOODE: Dear Sir.—A long indisposition from the effects of a deranged state of my liver led me to try the Hot Spout Bath at your Springs. I had previously remained four or five weeks at the White Sulphur, from which I had derived much advantage, but not so much as to make me believe that I could not be further benefited by the use of the Hot Baths.

Its effect upon me was immediate, and as powerful as I had been led to suppose, producing a free action of the liver. I continued to use them eight or nine days with equally happy effects. Entertaining, as I do, the highest opinion of the efficacy of the Hot Springs in all cases of a diseased liver, I am led to give you this simple statement for the benefit of others who may stand as much in need of them as myself.

Very respectfully, your obedient servant,

JOHN L. MANNING,
Of South Carolina.

Hot Springs, Sept. 20th, 1838.

Dr. THOMAS GOODE:

Sir,—For nearly three years I have been subject to very frequent attacks of Jaundice, but more particularly during the year 1838, when my liver became torpid and refused to perform its functions—the biliary duct seemed to be closed—my bowels became much disordered, and I had a confirmed chronic diarrhoea. I became very weak from the effects of medicine, and was unfit for business or society. By the advice of my physicians, I left Philadelphia on the 27th of June for the Virginia Springs, and reached the Hot Springs early in July much exhausted. I used the Spout Bath for three days, and on the fourth I took the Sweat Bath, which reduced the number of discharges from my bowels to one a day, and I felt better. I continued the Sweat Bath for near three weeks, and my health appeared to improve from every bath. My appetite and strength increased rapidly, and my complexion, which was very sallow, became clear and healthy. I then went to the White Sulphur for two weeks, taking from eight to ten glasses of water daily, with evident benefit. I returned then to the Hot Springs, and took the Sweat Bath nearly every day for two weeks, with a half a wineglass of a mixture of the extract of taraxicum, when I found my health restored. I had gained twenty-four pounds in flesh.

Yours, respectfully,

D. R. KIRKPATRICK,
Of Philadelphia.

Hot Springs, August, 1837.

DEAR SIR,—In compliance with your request I hand you the following statement of my case:

I have been laboring under a disease of my Liver for more than four years, attended with dyspeptic symptoms of the most distressing kind. I have had almost constant pain in my head, back, right side, and shoulder blade, at the pit of my stomach and in my bowels, which have been so constipated as to compel me to take some opening medicine nearly every day. I was confined the most of last winter to my room, and was reduced almost to a skeleton. I derived no benefit whatever from medicine. I finally determined to try the Sulphur Waters of Virginia; after using the Sulphur Waters more than six weeks, I found myself rather worse, and started for home, but was induced by the advice of Dr. Smith, of South Carolina, to make trial of these waters. I had no faith in them, and to my great surprise, the very first bath helped me. On the third day, my bowels were moved by the effects of the water alone, and they have been moved sufficiently every day since without the aid of

medicine, with discharges of bile, which has not been the case for the last four years. I have been here thirteen days, have taken twenty-five spout baths, and have mended every day: my digestion is good, and I am entirely free from pain, and hope my disease is removed. I would stay longer, but my business calls me away. Should my disease return, I shall know where to seek relief.

C. CARLTON,
231 Pearl street, New York.

During the summer of 1827, I was attacked with violent pains in the region of the stomach and liver, proceeding, as was afterwards ascertained, from calculi in the biliary duct. At a succeeding period, I discharged several of these calculi, which, together with other facts, clearly indicated the seat and nature of my disease. It was said by my physicians that mine was a case in which there was great doubt of a final recovery, owing to the frequency and violence of the attack. Each attack was attended with the usual symptoms, and jaundice invariably supervened. I visited the White Sulphur Springs in August, 1828, and was much improved, so much so as to suppose at the time that I was entirely relieved. On my return home, however, the attacks returned with the same violence, but not so frequently. I re-visited the White Sulphur in 1829, with the same good effect as to my general health as in 1828. The disease still continuing, I visited the White Sulphur again in 1830, with the same results as to my general health, and after remaining there about three weeks, I went to the Hot Springs, and used for eight or ten days the Spout Bath, and have never had a similar attack since. I believe myself entirely free from the disease under which I then labored, by close attention to my general health, the use of the water at the White sulphur, and the Spout Bath at the Hot Springs.

J. L. WILKINS, JR.,
Of Brunswick county.

In the summer of 1836, I visited the Virginia Springs with Liver disease, as stated by many physicians. I used the Sulphur Waters for some time, but without any decided effect. I then came to the Hot Springs, and after using the Spout Bath a few days, the pain in the right side increased from a dull to an acute, which induced me to apply to Dr. Goode for advice. He gave me ten grains of calomel, which brought about a most happy change in my feelings and health, producing copious discharges of dark bilious matter, when forty grains often before taken

produced but a limited effect. From the Hot Springs I returned to the White Sulphur, and the water then acted freely on my bowels.

JAMES L. COLEMAN,
Of Georgia.

Hot Springs, August 14, 1837.

April, 1833.

I was seized with Cholera in a Southern climate, from which I had scarcely recovered when intermittent fever attacked me. This continued at intervals until September, when congestive fever supervened, and continued with much violence for the space of nine days, and only subsided to give place to the intermittent again. From this time a morbid appetite began to prey upon me. The ague alternated with a severe dysentery, until March, 1834, oedematous swellings of the lower extremities made their appearance, but gave way to the use of alteratives and muriated tincture of iron. I became much emaciated and debilitated; my spleen became much enlarged; an excessively morbid condition of the stomach continued an ungovernable craving for food of the grossest description, and other indigestible substances. In the mean time, an uncontrollable diarrhœa, which has given me more uneasiness than every other symptom, came on. During nearly three years, every article of diet swallowed would ferment, produce the most distressing cardialgia, and run off from the bowels by profuse watery evacuations. The spleen in the left side, and swelling of the stomach and intestines, was great and painful. The irritability of the alimentary canal was so great, that the smallest portions of calomel or blue pill, combined with opiates, would produce an hypercatharsis, sometimes almost fatal; neither food nor medicine agreed with me. In this state of almost despair, I visited the White Sulphur Springs, and finding that the water disagreed with me, inasmuch as it proved too drastic, I determined to visit the Hot Springs. In a few hours after using the bath, I had a bilious discharge, which had not occurred for eight months. In four days' time, my diarrhœa ceased, and my evacuations became almost healthy in complexion. I had been very much annoyed with hæmorrhoids for fifteen months, which was relieved by the Spout Bath in three days. The improvement in my complexion was so great, that the visitors would remark, "Why, Doctor, you will soon be well;" my spleen was reduced about one-half, the abdominal muscles became relaxed and soft, my strength and activity were much improved, and every symptom seemed to give way to the use of the bath.

A. Y. WATSON, M. D.

Hot Springs, August 19, 1837.

To Dr. GOODE:

For more than three years past, I have been afflicted with a diseased liver. I have used the Sulphur Water for some time, but without any permanent effect. I have been here only ten days, and when I arrived, this was my condition: pain in my right side and left shoulder incessantly, my stomach greatly distended, my spleen very much enlarged, and digestive powers almost destroyed. I have used the Spout Bath freely during my short stay, and this is the effect: the pain in my side and shoulder has nearly subsided, my stomach is reduced to its natural size, my spleen is considerably reduced, and my digestion much improved. The benefit I have received is great, and I trust substantial. Regretting that business calls me away thus early, and grateful for your kind attentions, I am, your obedient servant,

E. L. DARGON,
Of Alabama.

Hot Springs, 11th August, 1842.

Mr. GOODE:

Dear Sir,—I take great pleasure in furnishing you with a statement of a violent attack of dysentery under which I suffered in the months of July and August of the last year, and of the rapid improvement which I received from the use of your baths.

My attack was sudden and violent, with frequent and painful discharges of blood and mucus, attended with considerable inflammation. This condition continued upon me without any material diminution for twenty-one days, notwithstanding I had been copiously bled in the earlier stage of my disease, and kept under a constant mercurial influence.

I reached the Hot Springs about the middle of August, after a painful journey from the University of Virginia, a perfect skeleton, and so helpless as to be lifted in and out of my carriage, and to be carried to and from the Baths. In a few days, an evident improvement was made in my condition; and so rapid and steady was my recovery, that, in the space of a single fortnight, I was able to walk a mile for exercise, and to return home by the mail-coach, over the route which I had with difficulty performed, with the facilities of a carriage and bed. My health is at this time completely re-established.

Very respectfully, your obedient servant,

W. H. WOODLEY,
Proctor University of Virginia.

Hot Springs, September, 1842.

Dear Sir,—In the fall of 1841, I was confined with a severe bilious fever, and from the effects of which my constitution has not since recovered. Early in 1842, I went to the White Sulphur Springs, but finding no appreciable effect produced upon my liver by the use of the water, I went to the Red Sulphur for two weeks with some advantage. I then returned to the White, and used the water a second time, but with no better success.

I arrived at the Hot Springs on the 5th September with symptoms of a gorged liver, a sallow complexion, and pain in my side and chest. I used the bath until the 14th, with great advantage. After taking the third bath, my liver began to disgorge itself, and throw off great quantities of vitiated bile: my skin cleared up, and the pain in my chest and side, which had before been frequent and severe, was greatly relieved. The benefit derived is greatly beyond what I anticipated, and I have no doubt of the efficacy of the Hot Springs in many cases of diseased liver, wherein the Sulphur Waters have totally failed.

I am, respectfully, your obedient servant,

T. F. CAMPBELL,
Of Nottoway county.

Hot Springs, 22d August, 1842.

Dear Sir,—At your request, I give you the following statement of my case, and of the effect of these baths upon me: For the last eighteen months I have been dyspeptic, with costive bowels and a constant uneasiness between my shoulders and at the pit of my stomach, and a dry skin. About the first of the month, I went to the White Sulphur Springs and used the water freely, with the blue mass, for eleven days, but without the least effect on my liver. I have been here only one week, using the Spout Bath, temperature 100°. The night after taking my *first* bath, I had three copious *bilious discharges* from my bowels.

My skin is now moist, my bowels open, and I am greatly relieved in every respect.

I am, very respectfully,

J. E. MICHIE,
Of Albemarle.

To Dr. GOODE.

Hot Springs, September 10th, 1837.

Sir,—More than three years since I was taken with a severe dysentery, which was succeeded by what I should term a mucous diarrhoea. Since that time, I have suffered an annual return of

the dysentery each summer until the present; this year I have escaped this periodical attack by passing my time in the mountains.

I remained a week at the White Sulphur without the slightest benefit, when I directed my course to the Red Sulphur, where I remained five weeks. My general health was greatly improved at this place, and at first I was cheered with hopes of a recovery, but I left the Red Sulphur with the diarrhœa in full force on me, and without any diminution of the mucous discharge, although the bilious secretions were slightly improved. In that state, a state of unabated diarrhœa, I reached the Hot Springs seven days ago, and was persuaded to use the Spout Bath. I applied the spout principally to the region of my liver and to my back—wonderful to relate, I felt *instantaneous and perfect relief*—the mucous discharge entirely ceased, which had not occurred previously in the whole course of my disease. Since the first day I have felt no pain or uneasiness in the bowels, whereas before I was tortured night and day. So well do I feel, that I shall start for home to-morrow in fine spirits, and only regret that I had not sooner tried your Hot Springs. This is a short and rapid sketch of my case, but I do assure you it is a *faithful one*. I shall make no commentary, but will simply say, that I consider my cure entirely and solely owing to the Hot Spout.

ROBERT J. BRENT,
Of Washington, D. C.

To Dr. GOODE.

Hot Springs, August, 1837.

To Dr. GOODE:

Dear Sir,—I give you the following statement of my case: About ten years ago I became dyspeptic, and was unwell in the usual way, when at length I became much worse; almost every thing taken in the stomach produced pain, and frequently violent spasms, which threatened death. I experienced no relief except when under the influence of calomel; tiring of which, after suffering for about two years, I determined to try the Sulphur Water. I commenced at the White Sulphur, but the water disagreed with me, and then I went to the Salt Sulphur, understanding that the water there was more purgative; for you must know that my bowels were invariably constipated. After using the water for two days, I had a violent attack of spasm, which was relieved by a hot bath. I then came immediately to the Hot Springs; my stomach was so much debilitated, that I was compelled to live exclusively on milk and mush, and the like bland food. The first meal I took at the Hot Springs was milk and mush, which brought on pain, threatening spasm. I went immediately into the Spout Bath, and from that day to

this, I have been entirely exempt from the disease. I bathed every day, sometimes twice, and in a few days I was enabled to eat of every thing at the table, including desserts of all kinds.

WILLIAMS CARTER,
Of Hanover.

Hot Springs, August 27th, 1841.

When I left home, on the 2d instant, I had been afflicted for fifteen months with diseased liver and disordered bowels. I reached here on the 8th instant; my bowels disordered; mouth and tongue sore and blistered: my evacuations of a watery consistency, and frequently of the color of clay or putty, and I had no appetite. From the taste, I could scarcely distinguish one kind of food from another. On my arrival, I commenced to use the baths, and continued their use daily to the present time. My bowels soon became quiescent, evacuations regular and of a healthy color; my mouth and tongue entirely well, and they have remained so. Of the beneficial effects of the waters to me, I have no doubt; and I am in hopes a cure has been effected, which may be made permanent, by proper care and attention to diet and exercise.

GEORGE CARR,
Of Charlottesville.

To Dr. GOODE.

In March, 1832, I was attacked with a bilious pleurisy, which yielded to medical treatment, but my stomach and bowels were left in a bad state. In a short time, my digestion was greatly impaired, and I had a confirmed constant diarrhoea, the discharges of a clay color. My food frequently passed off undigested, producing violent pain in the bowels, and much feverish excitement.

I determined to visit the Springs for the benefit of my health. I left home in August, and tried first the Sweet Springs, but they disagreed with me. I then went to the White Sulphur, and then to the Salt Sulphur, but they also disagreed, producing violent irritation and pain in my bowels, which put me to bed. So soon as I was able to travel, I went to the Hot Springs, and, after bathing about eighteen days, I was entirely relieved; my appetite became good, my food digested well, and I fattened and strengthened rapidly, and from that time to the present I have never had a diarrhoea.

WILLIAM TODD,
Of King & Queen.

Hot Springs, 5th September, 1838.

Steubenville, Ohio, July 2d, 1844.

Dear Sir,—I avail myself of this opportunity to acquaint you with the benefit I derived from a visit to your Spring. I had previous to the year 1839 been the subject of a severe dyspeptic complaint for more than twelve years, which, in the spring of that year, was followed by a most distressing diarrhoea, which reduced me to the verge of the grave. I spent a part of the summer of 1839 at the Hot Springs, and by bathing in and drinking the water, was completely and entirely restored to health, and have not had the slightest symptoms of a return of my complaint since, a period of five years. Hoping my friend may bring back an equally favorable report,

I am, very respectfully, your ob't servant,

DAVID MOODY.

To Dr. GOODE.

Scotch Town, 9th February, 1846.

Dr. GOODE:

Dear Sir,—In August, 1844, I went to the White Sulphur Spring, in very feeble health; laboring under a disease of my liver, attended with a constant pain and soreness in my right side. I used the water freely for *three* weeks, but the pain and soreness still continued. I then, by the advice of Dr. Johnson, went to the Hot Springs, and took two baths in the lower spouts—the first bath produced a perspiration, which I had not had for twelve months, my skin having been constantly dry. On the third day, I took the Hot Spout, and, while the water was falling on the affected side, I felt as if something had given way within that side.* After leaving the bath, I went to my room, where I had a *profuse sweat*, and, after cooling off, there was a *copious, acrid*, and ill-looking bilious discharge from my bowels, such as I had never seen before. From that day to the present, I have had neither pain nor *soreness* in my side, and shall ever think the Hot Spout saved my life.

Very respectfully, your friend,

JOHN J. TAYLOR.

Hot Springs, Sept. 19th, 1845.

During the summer of 1840, I had a severe attack of Bilious Fever, which confined me to bed near eight weeks. From this time till I visited the Hot Springs in 1841, my health was very

* The sensation of something giving way was doubtless caused by the discharge of the contents of the cavities of the liver into the intestines. In this case, the Sulphur Water was evidently *fairly and fully* tested.

feeble, induced by a functional derangement of my liver and other viscera. I had constantly a *dull*, heavy feeling in the right side, and found but *partial* and *temporary* relief from medicine. While under the Spout Bath the third or fourth time, I felt about my liver (without having previously taken any medicine or used any other mineral water,) a peculiar sensation, which continued during the succeeding night and day—attended with considerable nausea—during this twenty-four hours, a very large quantity of most unhealthy bile was discharged, and the following day I felt entirely freed from every symptom of disease. From this time, and for more than two years, my health continued excellent, when it became impaired by a residence and exposure in the South.

With an earnest wish for your success, I am

Yours, very truly,

R. N. FOX.

Dr. GOODE.

Richmond, 24th Nov., 1845.

Dear Sir,—In July last I was conveyed to the Hot Springs on a bed, as feeble as an infant, emaciated and reduced to the verge of the grave, by a Hemorrhage from the Liver, which I had labored under for *seven* years. After sufficient rest, by your advice I took a Hot Spout Bath, requiring the aid of two strong servants to carry me to it. The first bath produced the most happy effects,* and after using it several times, I felt strong enough to walk from the bath house to my cabin, but you advised me to use no unnecessary exertion. After using the bath for three weeks with manifest improvement in strength, and also deriving great relief from drinking the hot water, which had the same effect upon my stomach (which was very acid) that soda generally produces. I took, by your direction, a bottle of the Salt † Sulphur Water every day for a fortnight, when I was so much strengthened that I rode in one day to the White Sulphur, in a stage, without the use of my bed, and the next day to the Salt Sulphur, where I spent ten days. I then travelled back to Staunton, with as little fatigue as any of my companions. While in Staunton, I suffered much with diarrhœa and sore mouth, but had no return of hemorrhage until I reached home, on the first of October, when the diarrhœa and sore mouth left me, and a slight hemorrhage occurred for several days, which was arrested by a *blister*, blue pill, and Salt Sulphur Water. Since that time I have been very comfortable; my digestion good, and my strength nearly restored.

I feel no hesitation in saying, that but for the Hot Springs, I think I could not have lived through the summer—for I was weakening every day, and the profuse sweats (which the bath checked immediately) would soon have exhausted my frame.

J. R. HARRISON.

* Copious discharges of bile.

† The Salt Sulphur Water was given to counteract a tendency to constipation, which followed the cessation of the diarrhœa.

Amelia County, April 11, 1846.

Dr. GOODE:

Dear Sir,—When I was at the Hot Springs last summer, I promised to give you a statement of the effects of the baths on me, which I have neglected to do until now. In the year 1841 my health, from some cause, became very bad; I was laboring under great debility, and my physician advised me to take a trip to the mountains and use the Sulphur Waters, which I did freely, and found considerable relief—which proved, however, only temporary. As the warm weather came on next spring, I suffered more from debility even than the season before, and my physician pronounced my disease a functional derangement of the liver, and again advised me to go to the Sulphur Springs; but on my way to the Springs, I met an acquaintance who advised me to go by the Hot Springs and use your baths, which I did for eight or ten days, and they acted like a charm on my system; and the benefit was much more permanent than any thing I had ever tried before: and I have since then, when I have visited the mountains, tried the baths with evident benefit, and consider their use more advantageous to me than all the mineral waters in the mountains.

I am, very respectfully, yours,

J. G. JEFFERSON.

PARALYSIS.

Richmond, Sept. 24th, 1842.

Dr. THOMAS GOODE:

Dear Sir,—Having used your baths with such decided benefit, I deem it proper that I should give you a statement of my case, which I will do as briefly as possible. In March, 1833, I had a most violent attack of Paralysis, which destroyed the use of the whole of my left side, and with it brought on a state of general debility, which entirely disabled me from attending to business. In this situation I left home for the mountains, hoping to regain my health by travelling and the use of the different mineral waters; but after spending nearly four months in going from Spring to Spring, I had to return home but very little benefited in my lame side, although my general health had improved a good deal, which was some little encouragement to me to make another trial, and when the next summer (1834) opened, I again started for the White Sulphur, and remained there one month, and then went on to the Sweet Springs and remained two weeks

or more, and again returned to the White Sulphur, where I remained some time, but finding little or no improvement in my lameness, I determined that I would try the Hot Spring Baths, although it was against the advice of physician and friends, and left for that place, not knowing what would be the consequence of my seeming rash determination; but when I saw you and received your assurance that there was no danger in my using the baths, I was encouraged, and commenced bathing without delay, and found that it suited my disease exactly, for the effect was at once visible in the rapid improvement of my lameness, and the better condition of my general health, and I returned home cheered with my much improved health, and commenced a business of much labor and activity, which I have followed down to the present time, (eight years,) with little or no interruption from my old disease.

Very respectfully, your ob't serv't.

SAM'L HARDGROVE.

Hot Springs, Sept. 20, 1840.

My dear Sir,—The facts of my case are briefly these: I have for some years been occasionally subjected to bilious difficulties. Last Spring the functions of the liver became greatly deranged, and for a time I suffered severely from muscular pain in the limbs and body. This at length partially yielded to medical treatment; but I was reduced to a state of great debility. At this time, (early in June,) I lost in a great measure the use of my arms. I could not elevate nor extend them; all muscular power seemed to be gone. I could not dress nor undress myself without assistance, and usually had my food cut up for me. In this state I came to the mountains, my countenance suffused with bile, and my strength prostrated. This place being full, I proceeded to the White Sulphur, where I remained about a fortnight. During this time, I recovered my appetite, and the waters operated favorably on the system; but the arms remained essentially the same. On the 27th of August, I left the White Sulphur and came here, and immediately commenced, under your direction, the use of the mineral baths. The effect was at once visible in the rapid improvement of my general health, and better condition of the arms, which have continued regularly to mend to the present time. I now dress and undress myself without assistance, and use my arms with tolerable freedom, and though a degree of weakness yet remains in some of the joints and muscles, I look forward with confidence to their perfect restoration. I have now been at the Hot Springs but little more than three weeks, during which time the salutary effect above described has been produced.

This statement of facts I submit to your disposal. If its publication will, in your opinion, subserve the interests of human-

ity, by helping to make known the virtues of these waters, I do not feel authorized to withhold my consent.

With lively gratitude for your kindness, I remain, with sentiments of great regard, yours, &c.

To Dr. T. GOODE.

ABRAM LAMSON.

Lynchburg, Feb. 5th, 1835.

Dear Sir,—I received on yesterday your message from our mutual friend, Mr. Seth Ward. It affords me pleasure to comply.

In the years 1828 and '29 my daughter had a severe, protracted and complicated illness. The whole of one side became greatly paralyzed, and so continued for about fifteen months.

In the season of 1829 we took her to the Hot Springs; she used the bath between three and four weeks. During the latter part of the visit she was enabled to move the toes in a small degree. Under the direction of her physician, Dr G. A. Rose, she gradually improved, but remained unable to walk alone. The next season, A. D. 1830, we took her again to the Hot Springs. By the use of the bath she soon became able to walk—her general health gradually improved. She is now healthy and active.

Yours, most respectfully,

WM. S. REID.

To Dr. GOODE.

Baltimore, 12th Feb. 1839.

Dear Sir,—In compliance with your request, I transmit you an account of my case. In the latter part of 1836, I had a violent attack of Cholera Pictonum and White Lead disease, which, in despite of the most energetic treatment, terminated in a paralysis of my arms and hands, which deprived me almost entirely of the use of them, with great emaciation and general debility and prostration.

All remedies failing, my medical advisers recommended a visit to the Virginia Springs. Thither I repaired in June, 1837, and passed two weeks at the White Sulphur Spring, but without any evident effect from the use of the waters. At the end of two weeks I removed to the Hot Springs, and commenced the use of the Spout Bath immediately. In a few days there was evident improvement in my condition, and after six weeks (using the Spout Bath every day) I found the use of my hands and arms, and my general health perfectly restored. The use of my hands

and arms has never failed me since, nor does there appear to be a vestige of the disease in my system. My friends and myself attribute my recovery entirely to the use of the waters at the Hot Springs.

Very respectfully and truly yours,

CHARLES S. LEWIS.

In November, 1831, I had a violent paralytic attack which deprived me entirely of the use of the whole of my left side. I was confined to my room, and perfectly helpless for more than five years, and my left hand was insensible even to fire. I was then electrified, and afterwards improved a little. In June, 1839, I came to the Hot Springs, barely able to hobble about, with but little feeling in, and no use of, my left hand and arm. After bathing for about twenty days, I could walk tolerably well, and my hand and arm were so much improved that I could chop with an axe or work with a hoe. I bathed here about forty days, and then *walked* home, a distance of eighty miles, in four days. I continued to strengthen till June last, when I had a violent bilious fever, which again disabled my left leg and arm. I returned to the Hot Springs on the first of this month, and have bathed freely for twenty days. I feel as well now as when I left last year, and shall set out to-morrow on foot for home.

Given under my hand this 20th day of Sept. 1840.

WM. SANDERSON,
of Amherst co. Va.

To Dr. Goode.

Hot Springs, 29th June, 1840.

More than two years ago I was attacked with rheumatism, from which I suffered much. I took cold in February last, and became completely prostrated, but got a little better as the weather became warmer. I had but little use of my right side—I walked with great difficulty, and could only bring the toes of the right foot to the heel of the left. My right arm was no better; my tongue was partly paralyzed, and I frequently could not speak distinctly. I had constant pain in my right leg and arm, and right side of my head, and was almost entirely deaf in one ear, and did not hear distinctly with the other. I got here on the 14th of June; I have used baths for fourteen days. My hearing is perfectly restored; I speak without difficulty; I have good use of my right leg and arm, and am entirely free from pain. I shall set out for home to-morrow in good health and spirits.

JOSEPH WAMPLER, of Illinois.

To Dr. Goode.

Hot Springs, Va. Sept. 2, 1856.

DR. THOS. GOODE:

Dear Sir,—Having spent portions of four summers at this place, and used the waters freely, it affords me great satisfaction to give you the result of my experience of their beneficial effects on myself, as also what I know of them on others.

In the winter of 1853-4, I had an attack of paralysis of my right side—*Hemiplegia*—which prostrated me to such a degree that I was, for some time, unable to walk; nor could I hold a pen in my fingers so as to write my name or make a letter of the alphabet. By the use of ordinary remedies and very strict regimen in my diet, I recovered so far as to be able to go about, though with difficulty. Having, from what information I could obtain, become impressed with the great value of thermal waters in the treatment of this most shocking disease, and having previously visited this place and acquired some knowledge of the medicinal character of its waters, I determined to come here to see what they would do for me in my afflicted condition. So soon as my situation and the season permitted, I accordingly did so, and arrived early in July, '54. I remained three weeks, bathing regularly every day, first in the Temperate Bath and then in the Hot Spout. On leaving here I made a short visit to the Salt Sulphur Springs in Monroe county, whence I returned here and remained a week more, and bathed every day in the Hot Spout Bath. The result was, I felt signally benefited, and returned home greatly improved,—so much so, that to a casual observer nothing appeared to be the matter with me.

I have now this summer ('56) been here altogether three weeks and a-half, and have, during that time, bathed regularly once a day in the Temperate Bath; and am now prepared to return home, with the gratifying conviction that I am entirely and permanently relieved; and feel that this happy result has mainly been owing to the use of the thermal waters at this place. So much for my own personal experience.

I know of several other cases in which the subjects of them received great benefit from the use of the waters here, and such is my confidence in their virtue, that I am thoroughly persuaded they will, if their use be persisted in, and prudence in diet be observed, with moderate but regular exercise, either on foot or otherwise, cure any ordinary case of paralysis, either general or local. The boy John, who attends the Hot Spout Bath, furnishes a striking case to show the correctness of this opinion. After being very badly afflicted, he assures me that he does not feel the slightest vestige of the disease remaining—the truth of which is apparent to every one who sees him; and he was cured here by the use of the Temperate Bath only.

While here in 1854, I made the acquaintance of a gentleman who resided near Winchester, who informed me that he had been paralyzed so badly as to be unable to walk or speak. When I

met with him he had the appearance of enjoying robust health ; and he told me that his restoration to health was owing to the use of the Hot Springs Baths. I could mention other cases, where persons had been signally benefited by the use of the baths here, but as they must be well known to you, and the subjects of them are accessible, I prefer to let them speak for themselves.

I know of a few cases where the use of these waters have had very happy effects in Neuralgia and Rheumatism ; of the former, a lady of my acquaintance in Alabama furnishes an instance ; and Richard Norris, jr. of Baltimore, one of the latter.

I am satisfied, from actual experience, that the use of the hot water at this place, often has an excellent effect on the liver, and in chronic diarrhoea I have greater confidence in its efficacy than any thing with which I am conversant.

Mr. F. B. Clarke, of Mobile, Ala., is mainly indebted to it for his restoration to health, from the worst condition, and after all other remedies had failed. Hoping my experience and observation may be the means of extending a knowledge of the waters of the Hot Springs to others who may be afflicted, and of giving a wider scope to their already high fame,

I remain, Sir, with high respect,

Your ob't serv't,

JNO. ERWIN,
Of Greensboro', Ala.

DEAFNESS.

Steubenville, Nov. 20, 1838.

Dear Sir,—Annexed is a concise statement of my case. For several years my health had been bad. I had suffered much from a rheumatic affection of the muscles of my back, which was always severe in cold weather, and which induced me to spend some winters past in New Orleans. About three years ago, after an unusual exposure, I felt that my disease was transferred to my head. A dizziness, approaching to blindness, came on, and at times I suffered an indescribable sense of weight or heaviness on the brain, and almost wholly lost my hearing in one ear. These unpleasant complaints continually increased. In the mean time, I followed rigidly the advice of physicians. I lived abstemiously, was frequently bled, and cupped, and had cold water and ice applied to my head, which produced only temporary relief. At one time I used the Blue Pill until my gums became a little tender, and felt decidedly better under its

influence. But the disease still remained, depressing my spirits, and impairing all the enjoyments of life. At two different times the distress in my head was so great as almost to deprive me of consciousness, until I was bled. Early last summer all these symptoms had assumed a more fixed and threatening character than at any former period, when I determined to visit the Virginia Hot Springs, where I arrived in August. I used the waters in the customary way, permitting the spout to fall directly on the ear of which I had lost the hearing, and over the head generally. I experienced immediate good effect, and before I left the Hot Springs, where I remained about three weeks, recovered my hearing entirely, and also felt perfect relief in my head. This relief has continued up to this time. I find no inconvenience whatever to follow the use of my ordinary diet, and can truly say, that I have not felt so entirely in good health for many years.

Very respectfully, your ob't serv't,

MARTIN ANDREWS.

Hot Springs, Sept. 18, 1840.

Dear Sir,—At your request, I give you a statement of my case: In February last I was taken with a violent cold in my head, which left me almost entirely deaf in my left ear. I came to the Hot Springs on the 18th of July, and after using the baths freely for about two weeks, my hearing was restored, and has continued perfect without interruption up to this date.

JOHN B. CUTTING,
Lt. U. S. Navy.

To Dr. GOODE.

RHEUMATISM.

Hot Springs, Aug. 8, 1838.

To T. GOODE:

Dear Sir,—I give you a short statement of my case: In 1826 or '27 I experienced a severe attack of Bilious Fever, which reduced me very low. I was scarce able to leave my bed, when the fever was succeeded by a violent attack of inflammatory rheumatism, from which I recovered in about two months. In February, 1835, after a slight bilious attack, the rheumatism returned in a chronic form, and reduced me to a state of helplessness. All hope of recovery was deemed idle, my constitu-

tion being very weak. I left home for the White Sulphur in June following, remained there two weeks, and left with a severe cold, that augmented my disease.

I remained here near or quite a month, taking the Spout and Boiler baths alternately, and entirely recovered. I have not had the slightest return of the disease since.

Yours, &c.

WM. M. DARLINGTON,
of Pittsburgh.

Hot Springs, 29th Aug. 1833.

In the month of January, 1806, during my attendance on the Virginia Legislature, of which I was then a member, I was very sorely afflicted with an attack of Inflammatory Rheumatism, and about the first of July, in the same year, after the disease had assumed a chronic state, I arrived at the Hot Springs in Virginia, much debilitated, requiring two persons to put me in and take me out of a carriage. I remained at the Springs sixty-three days, using the bath once every day except three. I was weighed the day I got to the Springs, and also on the day I left them, and if I was correctly weighed, I gained sixty pounds in weight in sixty-three days, and remained free from that complaint for upwards of twenty years.

H. CALLOWAY,
of Franklin co.

Dr. T. GOODE:

Dear Sir,—In accordance with your request, I send you a statement of the effect of the Hot Springs bath in my case. After a severe spell of fever, I was attacked with acute pains in one arm, leg and foot, succeeded by hard, indolent swellings, which took away the use of the affected limbs, and confined me to my room for several months. I was under medical treatment during the whole time, but all the remedies used, failed. I went to the Hot Springs and used the bath for two or three weeks; when the swellings suppurated, they discharged freely, and I gradually recovered the use of my limbs.

Since that period, my health has been better than usual, and I attribute all to the hot bath.

Yours, &c.

WM. CHAPMAN.

Waynesboro', Oct. 31st, 1838.

Hot Springs, 28th Aug. 1833.

In the month of December, 1827, I was attacked, as I supposed, with a severe tooth-ache, and in a few days had the tooth extracted, but it afforded me no relief. In a day or two after-

wards, it was discovered that I had a bilious fever, my jaws swelled so as to threaten suffocation. One entire side of my jaw bone burst as low down as the teeth went in, and the bone was extracted. The outer side of my jaw formed an abscess on the outside, from which several pieces of bone were extracted. This abscess connected itself with the other diseased side, so that when any liquid was injected in on the outside abscess, it came out on the opposite side in my mouth. I was then taken with severe pains in my back, which continued for several weeks; they then fell into my extremities and deprived me of the use of them. The pain was so severe, that at one time it seemed like my feet were on red-hot iron, and at another they felt as if they were pierced through with icicles. My shoulders, arms and hands were but little better; they swelled largely, with but little mitigation of pain; my legs, ancles and feet had strong indications of dropsy; when pressed would pit and remain so for a length of time. In this situation, I was carried, in July, 1828, to the Hot Springs, in Bath county, in Virginia, as helpless as an infant, and commenced using the waters by being held under what is called the Spout Bath, which produced no change for the better. I was then put into what is called the boiler, and after using it about one week, my hands, though much contracted, began to have their natural feeling, and in five weeks my arms and shoulders were entirely well; my back, legs and feet did not mend so fast, but were much relieved. When I left the Spring about September, I could sit up and move my feet and legs about, but could neither stand nor walk; nor could I do so until the 1st of November, when I could move about on crutches. I continued to mend slowly, until the next August, when I again visited the same Springs, and used the boiler for about a month, which restored me to almost perfect health.

In the spring of 1831, I visited the States of Ohio, Kentucky and Tennessee, and was on horseback for near ten weeks, and frequently wet, without injury. In July, 1832, I was, when very hot, overtaken by a heavy fall of rain and got very wet, which caused my former disease, with all its symptoms, to return partially upon me. I have now been at the Hot Springs using the boiler for about a month, and which has again almost entirely relieved me. I am a native of Bedford county, Va., where I now reside, and am forty-seven years of age.

B. PRESTON.

Philadelphia, 23d Feb'y, 1834.

In the year 1826 I contracted a very bad cold, by sitting for several months in a room which had been recently plastered upon very thin walls. The cold at first fell upon my breast, and was attended with a cough. After some time the cough sub-

sided, and I was seized suddenly with a pain in the right arm. In a few days the pain became very violent, it was seated principally in the shoulder blade, but extended likewise from the shoulder down to the points of the fingers. The best medical aid was resorted to, but there was no alleviation of the pain, not even for a minute. In this situation I got little or no sleep; the agony was so much increased by lying in bed, that the only rest obtained was by lying with my clothes on across the foot of the bed, with the affected arm hanging down. In this situation, exhausted nature would sink into a doze, out of which I was soon again awakened by the pain. The arm dwindled away, my appetite failed, and my general health was fast declining. Reduced to this state, I determined to try the Hot Springs in Virginia. With difficulty I was taken there, and had no reason to repent of my determination. I took forty hot baths, using the blankets each time. At the end of two months I returned home so much altered in appearance that I was the object of astonishment to those who had seen me previous to my departure, and in another month I was perfectly restored to health.

P. A. BROWN.

To Dr. GOODE,
Hot Springs, Bath Co. Va.

Halifax, February 5th, 1839.

Dear Sir,—Owing to imprudent exposure, I became, some time in February, completely prostrated by a violent attack of Rheumatism, each limb and every joint being more or less affected. Though the spine and muscles of the right leg seemed to be the principal seat of the disease—this limb was very much drawn up, and evidently shrinking away, and for several months I could only hobble about the house on crutches, and even this was painful. After applying many remedies without benefit, I was fast reconciling myself to the idea of being lame for life, when, by the advice of physicians, I started for the Hot Springs. On reaching the Springs I walked with difficulty and pain, but after the second trial of the boiler there was evident improvement; after this it was rapid, and in five weeks after reaching the Hot Springs, (as I thought, a cripple for life,) I found myself restored to a sound and healthy condition, this happy result being brought about by the free use of the Hot Spring *Baths*, which, when used prudently, will soon prove that they are fully entitled to the high reputation which they have acquired.

I remain your friend, sincerely, &c.

THOMAS G. COLEMAN.

I have been more or less subject to Rheumatism for fifteen years, generally most lame in warm weather. In August, 1839,

I had a severe rheumatic fever—was unable to walk for several months. In the summer of 1840 I went to Saratoga Springs, and the Sulphur Springs, at Avon, Livingston county, New York. I received no benefit at either place. In the summer of 1841 I visited the Springs in Virginia. I bathed every day for twenty-three or twenty-four days—commenced in the Spout Bath 100 deg., bathed eight or ten days, each time fifteen to twenty minutes, then went into bath 103 deg. for a few days—from that to the Hot Spout 106 deg.; after bathing in that ten to fifteen minutes for a day or two, I returned to the 103 deg. again, finding the Hot Spout too exciting—continued to bathe in 103 deg. for ten or twelve days, from twenty-five to thirty minutes each time. While taking the baths I felt more pain and uneasiness in my limbs than usual. After leaving the Springs a few days, my strength increased, and I have gradually improved in health. Finding the effects of the baths at the Hot Springs of great advantage last season, I have been induced to try the same this summer, 1842. Commencing, as formerly, in bath 100 deg. for several days, then in 103 deg. From previous experience, as well as my present feelings, I find the bath 103 deg. warm as is necessary, and any higher temperature would only aggravate my disease. I feel confident that I have received great benefit from the Hot Springs, and if I gain in health as much from my visit this year as the last, I shall feel myself well rewarded for time and expense, and shall be induced to try the Hot Springs next year, should I not find my health perfectly restored.

JOHN WETHEREL, of Boston,

To Dr. TH. GOODE.

August 18, 1840.

Hot Springs, 10th September, 1844.

To Dr. GOODE:

In 1828 I had an obstinate Bilious Fever, from which I was near twelve months recovering, and for thirteen years afterwards, whenever I exposed myself, or the weather changed suddenly, I had attacks of Rheumatism, more or less severe, and frequently confined for several days to my room. In 1841 I had another Bilious Fever, which confined me for eight weeks—the Rheumatism then returned, and in six weeks completely prostrated me. At no time in the last two years and a half could I say that I was free from suffering—and often the very thought of motion was a matter of dread to me. I suffered most in my wrists, hands, knees, ancles and feet. I arrived here on the 17th of August, and after using the Spout and Boiler alternately for one week—the Boiler every day for one week, and then the Spout alone for twelve days—I find myself entirely relieved. Of your kind and friendly attentions to me,

I shall feel it my duty to speak wherever God in his providence may cast my lot.

I am, very truly, your friend and ob't serv't,

D. G. DOAK, of Clarksville, Va.

Hot Springs, Va., August 18, 1856.

Dr. GOODE:

Dear Sir—At your request I very cheerfully give you a history of my cure of a most violent and distressing case of Rheumatism. In the month of June, 1833, from great exposure in the past winter and the too sudden checking of a diarrhoea, I was attacked with Acute Rheumatism, which ultimately spread itself from the crown of my head to the sole of my feet. My sufferings were sometimes so great that my screams might be heard at a distance; and the hottest steam that could be brought to bear upon my feet and knees, was a relief from the agony of the pain with which I suffered. To such an extent was the steam used, that the soles of my feet were literally crisped, and yet the pain of the burning was nothing when compared with the pain of Rheumatism. This continued until the muscles of my legs and knees became so contracted that they might be truly said to be doubled up, and my arms and jaws almost useless. I could use but one arm, and that only enough by resting on my heart to bring such food as I could take to my mouth. I could only open my mouth wide enough to get in a little soaked cracker, or something equally soft. In this condition, being as helpless as a new-born babe, I was placed in my carriage on pillows, in the month of August, and started for the Warm and Hot Springs. I staid and bathed a few days at the Warm and came on to the Hot, at which latter place I remained some three or four weeks, taking the Boiler and the Hot Spout each day alternately. I had to be carried to and from the bath on a litter, and had to be put in and taken out. I went to no other Springs, took no medicine, except to drink the hot water freely. Before leaving I walked about with my cane, rode on horseback, and went home rejoicing in renewed health and strength; and from that day to this I have never met with one afflicted with Rheumatism that I have not advised them at once to go to the Hot Springs. It is Nature's own remedy.

I might add to this case of my own some cases which I witnessed while at the Springs, if anything more remarkable than my own. One I will mention, that of an old sea captain, who, being wholly unable to walk, brought with him a most athletic Irishman, who carried him about upon his brawny shoulders. This old man, from great exposure or some other cause, had lost the use of one leg, and so insensible was his foot, that by some accident on his journey one of his toes was nearly cut

off, and he was unaware of the injury until some time after. Before I left the Springs, this old man was walking about, merely resting his hand upon the shoulder of his attendant.

Very respectfully yours,

MUSCOE GARNETT, of Essex, Va.

Alexandria, Va., August 14, 1856.

Dr. THOS. GOODE:

Dear Sir,—Having been induced by my family and friends to visit the Hot Springs in the year 1852, for the cure of Rheumatism, which I had contracted by having taken a severe cold as early as the year 1819, and when first taken I was confined to my bed for the space of one year. I arrived at the Spring on the 22d July, 1852. At that time I was completely prostrated, having lost my appetite and spirits, and my general health very much impaired. The morning I arrived I was unable to ascend the steps of the hotel without assistance. After having taken the third temperate bath, I was able to walk, and even run, without pain. My stay at the Springs was two weeks, during which time I took nine Temperate and Hot Spouts and one Boiler Bath, and felt myself entirely cured of Rheumatism, and had not, for a year after leaving the Springs, as much pain in my limbs as I had previously in any one day for 32 years—being the space of time I had been afflicted with the disease. My general health was thoroughly restored by the free use of the waters—having drank much of them whilst in the bath and during the day in my room. I consider my cure as a great triumph of the medicinal and curative properties of the water of the Hot Springs, and feel grateful that my steps were turned in that direction. I have been a visitor at the Hot Springs every year since 1852. Not having used the water of any other of the Springs of Virginia, I attribute my cure to the Hot Springs, and none other.

In this connection permit me to state, that by the advice of one of my friends, a patient of Dr. D. M. French, of Pearisburg, Giles county, Va., by the name of Farley, (I think,) was recommended to visit the Hot Springs in August, 1854. He was severely afflicted with Chronic Rheumatism, and was scarcely able to move about, his limbs very much swollen and joints enlarged. He remained during the time I staid, being about two weeks, then left for his home a well man. I heard from him but a few days ago; he was in good health, and *entirely* free from Rheumatism.

I give you the above statement that others who are afflicted with disease may come to the healing well of water, and, like me, return to their families and friends in high health and renewed strength. A similar statement to the above of my own case I addressed to you by letter in the year of 1853, and

learned to-day, for the first time, with regret, that the communication never reached you.

The foregoing you are at liberty to use as you may deem best for afflicted humanity.

Very respectfully your friend,

P. G. UHLER.

Residence: No. 15 North Washington st., Alexandria, Va.

OLD INJURIES.

In 1837, after spending three weeks at the White and other Sulphur Springs, where I drank the waters, I visited the Hot Springs, and there took regularly two Spout Baths a day from the 8th to the 18th of September, inclusive. My object was to get rid of a rheumatic pain above the right hip, occasioned by a fall the year previous. The second Spout removed the pain from the hip to the shoulder, and the succeeding ones made it travel still more over my back; thus I suffered more that week than I ever had done before, but at the end of ten days I left the Springs entirely free from pain. The second and third Spouts produced likewise a most extraordinary effect on the liver, a copious yellow evacuation, such as I never witnessed in my life.

In 1838, I spent a week at the Spout, in order to see whether it would produce the same discharge, but it had no longer the same effect.*

H. DAVRAINVILLE, of Philadelphia.

Hot Springs, Sept. 1st, 1838.

Southampton, 15th February, 1843.

Dear Sir,—Having derived the most important benefit from the use of the Spout Bath at the Hot Springs, it gives me pleasure to comply with your request and bear testimony to its virtues.

In the month of August, 1829, a horse ran away with me in a gig—I leaped out, fractured the small bone in my leg, and injured the patilla or knee-pan most severely. A tedious confinement was the consequence. When I was sufficiently recovered to leave my bed, I found the leg so contracted that I could not walk without the aid of crutches. Indeed, when standing

* The reason is obvious: in 1837 there was redundant bile in the liver—in 1838 there was no more than was necessary to serve the purposes of the healthy system. Where there is no REDUNDANT bile, there can be no COPIOUS OR EXCESSIVE BILIOUS discharge.

erect, my foot did not reach the ground by four inches. The limb shrunk from inaction, and fearing I should be a cripple for life, I visited Philadelphia and consulted Dr. Physic. He told me my case was hopeless, and surgical aid would be of no avail. I returned home and went to the Hot Springs. I had then been on crutches more than twelve months; my left leg was not half the size of the right, and so contracted that I could not get the foot to the ground. The very first bath relaxed the contraction; my leg became straight, and I walked back to my cabin without crutches. I used the bath once a day for about three weeks. The limb was gradually restored, and I have never used crutches since. I regard myself as indebted to the Hot Springs for my leg. I am, most respectfully,

Your ob't serv't and friend,

J. Y. MASON.

UTERINE DISEASES.

University of Virginia, Dec. 10, 1841.

Dr. THOMAS GOODE:

Dear Sir,—I have just received your letter of the 7th instant, soliciting my “opinion and experience” of the remedial effects of the waters of “the Hot Springs in chronic diarrhœa and difficult menstruation.”

In reply to your inquiry I may state, that for many years, but particularly for the last ten, and during my residence in Baltimore, I have advised all my patients, who were afflicted either with chronic diarrhœa or painful menstruation, that resisted medical treatment, to avail themselves of the remedial powers of the waters of the Hot Springs, and I do not now recollect an instance, where the proper preparatory measures, and indispensable auxiliary regimen to the use of the baths were strictly observed and persevered in, in which my expectations of the efficacy of the waters were disappointed.

It is true that a few cases have occurred in which the patient returned to me without receiving any relief, and some have claimed my attention in which the disease appeared aggravated; but in all these cases, upon a close scrutiny, it was ascertained, that either the preparatory measures necessary to be adopted previous to taking the baths, or the auxiliary regimen, to be used simultaneously with bathing, were not rigidly adhered to.

I feel constrained by the result of my observation and experience during my recent visit to the Hot Springs, to state that I believe that those waters are as potent for injury as well as ben-

efit to those afflicted with chronic diarrhœa or painful menstruation, that none such should use them without the advice of a physician conversant with their qualities. And physicians, when recommending this watering place to their patients, should make them aware, that traveling and its incidents sometimes convert chronic into acute affections, and that a regimen and a course of medical treatment, very proper in the former state, may be highly improper in the latter condition.

I am, very respectfully, yours,

H. HOWARD, M. D.

LOSS OF VOICE.

Hot Springs, 19th September, 1836.

To Dr. GOODE:

In the year 1826 I was taken with a violent cold, which deprived me of the power of uttering a word above a whisper. The tonsils, epiglottis, and end of the windpipe were considerably inflamed and swollen, especially in cold, damp weather. In 1827 I visited the Red, Salt, and White Sulphur Springs, which improved my *general* health. In 1828 I came to the Hot Springs and took forty-two sweat baths in succession, and occasionally the spout. My general health was greatly improved, and my voice so much strengthened as to enable me to converse in the ordinary tone of common conversation. I remained at the Hot Springs fifty-seven days, and gained twenty-two pounds in weight. I used no animal food whilst bathing.

I am, very respectfully,

W. FOUNTAIN, of Fluvanna Co. Va.

NEURALGIA.

Hot Springs, 27th August, 1844.

Dr. GOODE:

For several years anterior to 1843, I had been most severely afflicted by Acute Neuralgia, particularly in my right side, from the arm-pit to the hip-bone. The paroxysms were so severe, that my system, in spite of all the remedies I could obtain, was

reduced to great debility and emaciation, and consequent mental depression. I had visited Saratoga Springs twice, and some other watering places, without any permanent benefit. In the summer of 1848 I determined to try the Virginia Springs. After about a month spent in using the White and other Sulphur Waters, I repaired to the Hot Springs, and after using the Spout Bath and Boiler for two weeks every day—and sometimes twice a day—I was, to my great surprise and gratification, *wholly relieved*. For twelve months past I have had but one slight paroxysm. Under Providence, I may therefore confidently ascribe my restoration to the Hot Springs. As the disease abated, my appetite, flesh and strength increased, and despondency has flown, I trust, forever.

I am, very respectfully,

J. C. HERBERT, of Maryland.

GOUT.

Hot Springs, September 20, 1839.

Dear Sir,—I was very early in life attacked with gout, probably owing to hereditary taint. The first symptom of the disease appeared in my feet, at the age of twenty-eight, and increased in violence every year, up to the time of my visiting the Hot Springs, in the fall of 1837, (nine years.) After leaving home, I had a severe attack on the road, and did not reach the Spring until the 23d September, and then the disease had pervaded my whole system, and I was in such agonized pain, with fever, that you advised me to take some aperient medicine before going into the bath, as my bowels were very costive. On the third day, I was still unable to walk or even sit up from extreme debility and pain, and was taken on a cot to the Hot Spout, and after remaining in the bath about ten minutes, I became very faint—was taken immediately back to my cabin, and wrapped up in blankets. After getting into a profuse perspiration, I soon felt greatly relieved from pain and much refreshed. I took the bath every day, and, after the third bath, I was relieved of all gouty pains and strengthened astonishingly, so much so that I was able to walk about alone. It being late in the season, and the weather becoming cold, I used the bath only ten days.

Before I visited this spring in 1837, I had an attack of gout every month or oftener, but after using the waters in 1837, I had no return of the disease for more than seven months. But after

that time it returned gradually upon me until it became as bad as ever. I did not visit this spring in 1838. I arrived here on the 1st instant, and was attacked with the gout in one hour after I got here, and confined to my bed for three days. I have since then used the Spout Bath every day, and with the most decided relief. I feel in better health now than I have for several years past, and shall set out for home to-morrow.

Very respectfully,

WM. GILLIAM.

To Dr. GOODE.

Dear Sir,—I take great pleasure in availing myself of the opportunity to acquaint you with the benefit I have received from using the Spout Baths at these Springs. On the 9th of March last, I was seized with a violent attack of gout, which continued to harass me until towards the latter end of June, at which time my friends urged on me the necessity of visiting the Springs of Virginia. Having been confined to my bed the greater part of three months, I left Charleston on the 22d, and reached the Warm Springs on the 28th July, very lame, and much reduced in flesh. I remained at the Warm Springs for twelve days, using the bath daily; at the expiration of this time, finding I had derived but little benefit, I determined to try the effects of the Spout Baths at this place. After using them for a few days, I became sensible of an evident improvement; the tendons of my feet became relaxed, the swelling of the joints diminished, and I found my health improving daily; before the expiration of a fortnight, I had so far recovered, as to enable me to visit the White and Salt Sulphur and Sweet Springs, without experiencing much inconvenience from travelling. The benefit that I have experienced from the Spout Baths is far greater than I had anticipated. My health is much improved, and I can now walk without the aid of a stick, and with little pain or limping. To persons afflicted with *Chronic Gout* or Rheumatism, I feel warranted in recommending the baths of the Hot Springs, as far superior to any of the watering-places in Virginia. Regretting that circumstances compel me to leave earlier than I had expected, and thankful for your kind attentions,

I am, dear sir,

Very respectfully,

Your obedient servant,

THOS. LINING, M. D.,

Of South Carolina.

To Dr. GOODE,

Hot Springs, 7th September, 1849.

Mannsville, Goochland county, Va., }
 August 25th, 1856. }

Dear Sir,—Agreeably to your request, I send you the following certificate:

Ten years ago, I was taken with a violent inflammatory rheumatic gout, and I suffered the tortures of an inquisition for four years. In 1850, I went to the Hot Springs, and after taking three or four baths, I was enabled to walk without the aid of stick or crutch. I remained at the Hot Springs fourteen days, and went home apparently well; so much so, I thought it useless for me to return the following summer, and therefore did not go. But, unfortunately, the next spring I was taken with the most violent attack I ever had, which lasted me for four months; the greater part of my time confined to my bed, and on crutches. I then determined I would visit the Hot Springs every year, which I have done regularly, and am happy to say have never had an attack since.

Very respectfully, yours, &c.

T. FLEMING.

Hot Springs, September, 1856.

Sir,—I feel under such obligations to the Hot Springs Baths, that I think they can only receive their full credit by a published history of my case. I was for several years much afflicted with gout; the disease gradually, but steadily increasing, so that after much severe suffering, I was reduced to almost hopeless helplessness. My knees being so contracted, that the upper and lower part of both legs were nearly at right angles. In this situation I remained about six months, not able to walk at all; had despaired of ever walking again, when it was suggested to me try the Hot Springs. I arrived here in charge of a servant, unable to get in or out of bed without his assistance. I commenced taking the temperate bath; after some several days, tried the Hot Spout. After four or five baths there, tried the Boiler; then continued the alternature of the two latter, using one or the other every day. In less than three weeks, I began to feel a decided improvement; walking a little on crutches about my room. I remained three weeks longer, (daily taking a bath,) and so improved that, when I left here, I was in the habit of walking about the grounds on crutches, and after my return home, during the following winter, discarded them altogether. I remained two years in good health, free from any attack, and feel confident that had I continued to visit the Hot even every other year, I should have been permanently cured. But partly because I had much confidence in my improved condition, and partly that it was not convenient to repeat my visit to

your Springs, I remained at home, and was again the victim of my old disease. The result was that, after a mitigated attack, I was left with a stiff knee, for the relief of which I have now returned to these baths. After a month's stay here, the leg is gradually straightening, and I enjoy strong hopes of again getting good use of my limbs. If, as is probable, this hope should be realized, I shall be indebted solely to the virtues of the Hot Spring Baths; as I am very sure that I never would have been able to walk at all, unless I had come here in 1852, and am equally sure that my knee would never have become straight but for my first visit here. I think it just that rheumatic or gouty sufferers should be apprised of the relief I have obtained, and that the Hot Springs should have the credit of it. I therefore write you this letter.

Respectfully yours,

GEO. W. JOHNSON.

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